



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**SCALE BACK ALABAMA (30 SECONDS)**

Are you looking for an easy way to help drop some of the holiday pounds that you've gained? This is State Health Officer, Doctor Scott Harris... and I may have just the weight loss tool that you are looking for.

Scale Back Alabama is a statewide weight loss competition, and it kicks off in January. The ten week program is free, provides healthy lifestyle tips – and there are cash prizes.

Learn more and sign up online at [scalebackalabama-dot-com](http://scalebackalabama-dot-com).

**For more information, contact: Ashley Tiedt**  
**[Ashley.Tiedt@adph.state.al.us](mailto:Ashley.Tiedt@adph.state.al.us) / 334-206-2080**